Malnutrition And Poor Oral Health — And How To Easily Spot Nutrient Deficiencies

By Joachim Bartoll | Feb. 10th, 2025

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Today we return to Examine.com and a summary of yet another totally meaningless meta-analysis of 4 cross-sectional studies on people with poor oral health and the association with a higher risk of having a low nutritional status (a predictor of malnutrition.)

> *"The studies, conducted in Lebanon (3 studies) and Brazil (1 study), assessed the participants with the Oral Health–Related Quality of Life Questionnaire. Nutritional status was assessed with the Geriatric Oral Health Assessment Index."*

Out of 566 initial records, 14 full-text articles were assessed, with 4 studies meeting the inclusion criteria for their meta-analysis, which is kind of ridiculous considering that all the "answers" they were looking for is common sense and does not require a meta-analysis.

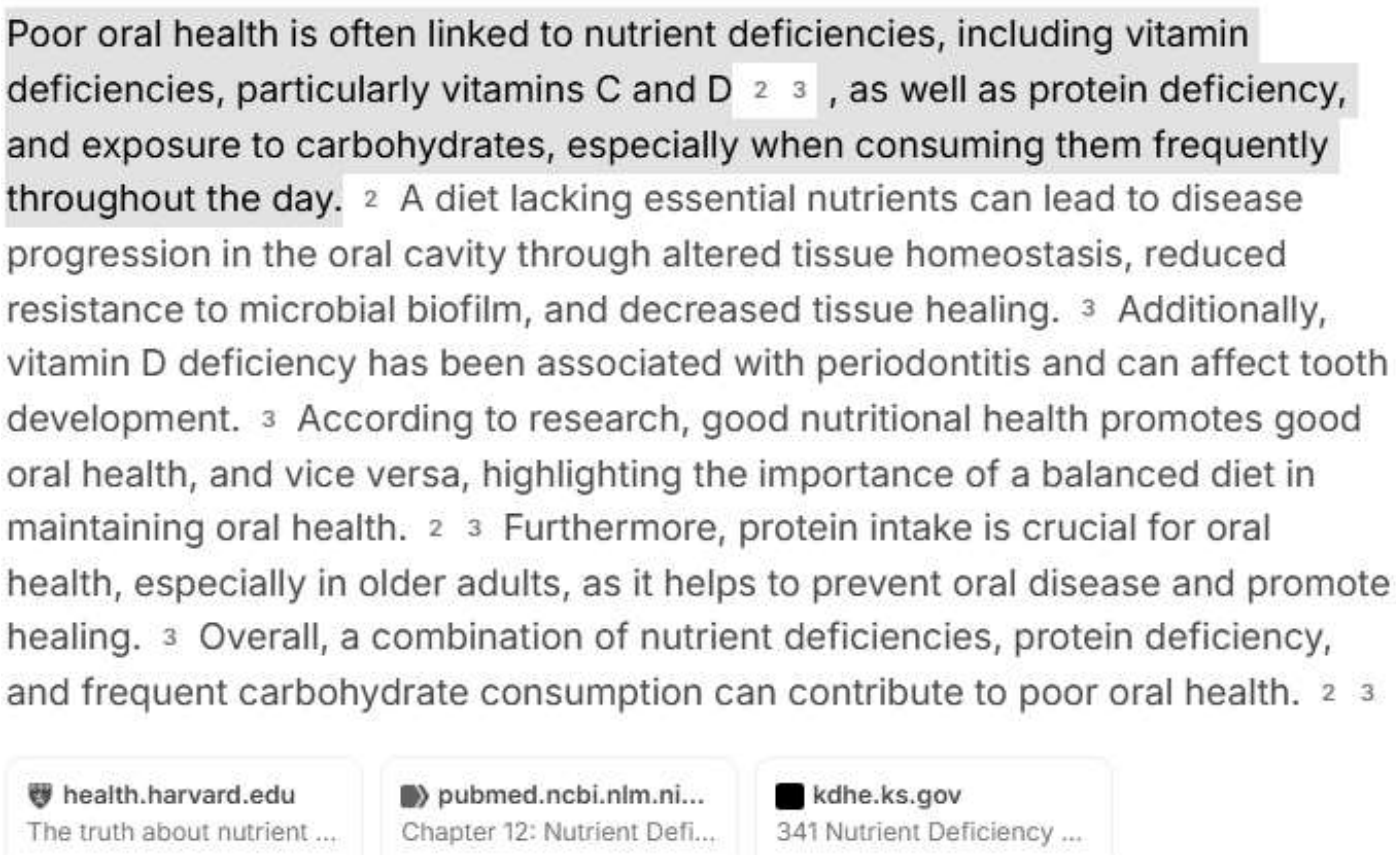
To continue, The Geriatric Oral Health Assessment Index (GOHAI) is a self-reported measure designed to assess the oral health problems of older adults, including the physical, psychological, and social aspects of their oral health-related quality of life (OHRQoL).
It consists of 12 questions that cover various aspects of oral health, such as

limitations in food intake, trouble biting firm foods, discomfort during swallowing, and worries about dental problems.

> *"Poor oral health–related quality of life was associated with 3.2 times greater odds of having a low nutritional status, with the certainty of evidence graded moderate."*

This goes hand-in-hand — a co-dependent relationship, and it should be common sense. No meta-analysis or studies needed to understand this obvious relationship.
Tooth decay and poor oral health are influenced by a combination of dietary factors, including deficiencies in essential nutrients like vitamins, minerals and protein, followed by poor oral hygiene as in consuming carbohydrates/sugars, especially frequently and/or brushing teeth too much and too often (especially with commercial toxic toothpastes.)

However, among this population, the elderly, it most likely, first and foremost, comes down to years of bad and lacking nutrition, as in having developed one or several nutrient deficiencies from the lack of animal-based foods as well as consuming a diet that favors toxic and useless plant-foods rich in carbohydrates and low in protein.


Poor oral health is often linked to nutrient deficiencies, including vitamin deficiencies, particularly vitamins C and D 2 3 , as well as protein deficiency, and exposure to carbohydrates, especially when consuming them frequently throughout the day. 2 A diet lacking essential nutrients can lead to disease progression in the oral cavity through altered tissue homeostasis, reduced resistance to microbial biofilm, and decreased tissue healing. 3 Additionally, vitamin D deficiency has been associated with periodontitis and can affect tooth development. 3 According to research, good nutritional health promotes good oral health, and vice versa, highlighting the importance of a balanced diet in maintaining oral health. 2 3 Furthermore, protein intake is crucial for oral health, especially in older adults, as it helps to prevent oral disease and promote healing. 3 Overall, a combination of nutrient deficiencies, protein deficiency, and frequent carbohydrate consumption can contribute to poor oral health. 2 3
health.harvard.edu
The truth about nutrient ...
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And of course, with such bad nutritional habits, once your oral health begins to decline and you're having trouble chewing, chances are even less likely that you actually would consume something nutritious, as in meat and organ meats. Instead people with oral/teeth issues tend to gravitate more towards easily chewable foods to avoid pain and discomfort, such as extremely toxic and nutritionless smoothies, puddings, jelly, well-ripened fruits and vegetables like bananas and avocados, oatmeal, and soft tofu, and also foods that are blended or pureed, such as soups, or sucking on sweets and sugar cubes — in other words, some of the worst foods imaginable both when it comes to toxicity and lack of bioavailable nutrition. And the few that might eat meat, usually do so by slowly cooking the meat until it falls apart, losing pretty much all the nutrition from overcooking. Hence, the risk of severe malnutrition will accelerate in people with bad oral health. That is simply common sense. Again, no meta-analysis needed.

PubMed
pubmed.ncbi.nlm.nih.gov › 31940618
Chapter 12: Nutrient Deficiencies and Oral Health - PubMed
Malnutrition can significantly affect oral health, and poor oral health in turn can result in malnutrition. This co-dependent relationship, therefore, relies on good nutritional health promoting good oral health and vice versa.
Nih
pmc.ncbi.nlm.nih.gov › articles › PMC3576783
Malnutrition and its Oral Outcome – A Review - PMC
Malnutrition affects the oral health and a poor oral health in turn, may lead to malnutrition. This interdependent relationship sees good nutritional health, thus promoting good oral health and vice versa....

> *"The reliance on cross-sectional studies limits the ability to infer causality, and the geographic focus on Lebanon may restrict the capacity to generalize the results for other populations. That said, the findings underscore the need for interventional research to examine whether improving oral health could help mitigate malnutrition risk in aging populations."*

Just stop it. All this is common sense. And looking at teeth/oral health to determine malnutrition is only one of many simple ways, as we can see with every single deteriorating vegan, fruitarian or even vegetarian.

The most telling sign of nutrient deficiencies (especially animal fats, protein, collagen, and vitamins) is that of the skin and the look of accelerated aging — as in the skin losing its glow, its elasticity, its natural vibrant color, and the development of wrinkles, puffiness, sagginess, skin spots, etcetera. Next is brittle hair, hair loss, and hair pigment loss, both on the head and in the

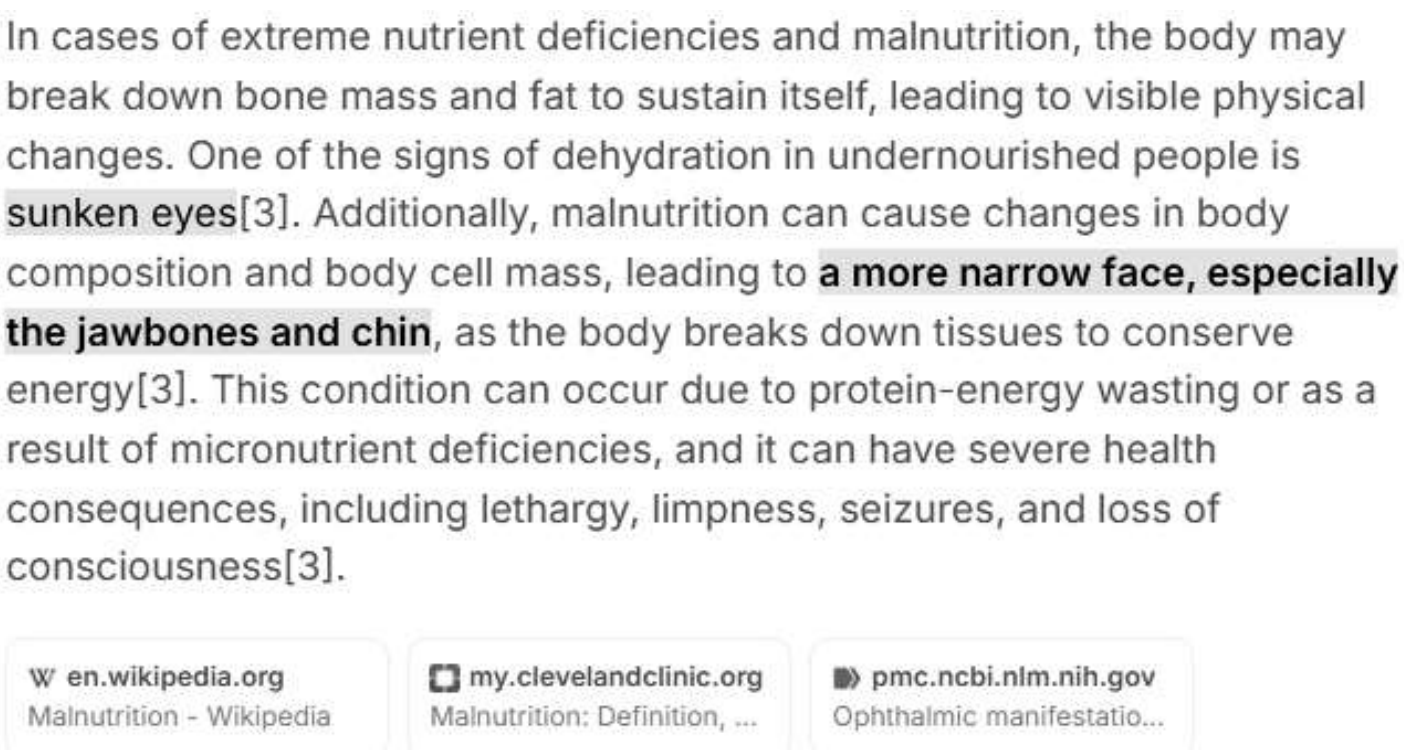
eyebrows. Then we have eye bags, and dark circle eyes from organ distress, as seen in every vegan. We also see muscle wasting, unless they take hormone replacement or anabolic androgenic steroids. After years, we also notice sunken eyes and a more narrow face, especially the jawbones and chin, as the body breaks down bone mass and fat to sustain itself. This is why many vegan soy boys look more and more feminine while looking twice their age.

Nutrient deficiencies can indeed cause the skin to lose its glow, elasticity, and natural vibrant color, and may accelerate the development of wrinkles, puffiness, sagginess, and skin spots. These deficiencies affect the skin's health by disrupting the production of essential proteins like collagen and elastin, which are crucial for maintaining skin structure and elasticity.

Additionally, deficiencies in other nutrients such as Zinc, Vitamin E, and B vitamins can exacerbate skin issues. Zinc deficiency can lead to sagging skin, wrinkles, and a loss of elasticity. [2] Vitamin E, known for its antioxidant properties, is crucial in maintaining skin health, and a lack of it can contribute to itchy and irritated skin. [2] B vitamins help to encourage healthy new skin growth and repair, and a deficiency can result in dull or dry skin, flakiness, and increased susceptibility to irritation and stress-related skin conditions. [4]

Nutrient deficiencies can indeed cause brittle hair, hair loss, and hair pigment loss, both on the head and in the eyebrows. For instance, **biotin (Vitamin B7) deficiency is essential for hair growth, and a deficiency may lead to brittle hair and hair loss.** [1] [5] Additionally, Vitamin A deficiency can cause hair loss, while Vitamin D deficiency is linked to hair loss and inadequate follicle health.

Nutrient deficiencies can indeed contribute to the formation of dark circles and eye bags. For instance, iron deficiency can lead to anaemia, causing the skin under the eyes to appear pale and ashy, which can contribute to the appearance of dark circles. [2] [3] Similarly, vitamin C, vitamin E, and vitamin D deficiencies can also affect the skin's appearance around the eyes. Vitamin C maintains the elasticity and collagen around the eye area, while vitamin E helps to keep the skin fresh and radiant.


In cases of extreme nutrient deficiencies and malnutrition, the body may break down bone mass and fat to sustain itself, leading to visible physical changes. One of the signs of dehydration in undernourished people is sunken eyes[3]. Additionally, malnutrition can cause changes in body composition and body cell mass, leading to a more narrow face, especially the jawbones and chin, as the body breaks down tissues to conserve energy[3]. This condition can occur due to protein-energy wasting or as a result of micronutrient deficiencies, and it can have severe health consequences, including lethargy, limpness, seizures, and loss of consciousness[3].
en.wikipedia.org
Malnutrition - Wikipedia
my.clevelandclinic.org
Malnutrition: Definition, ...
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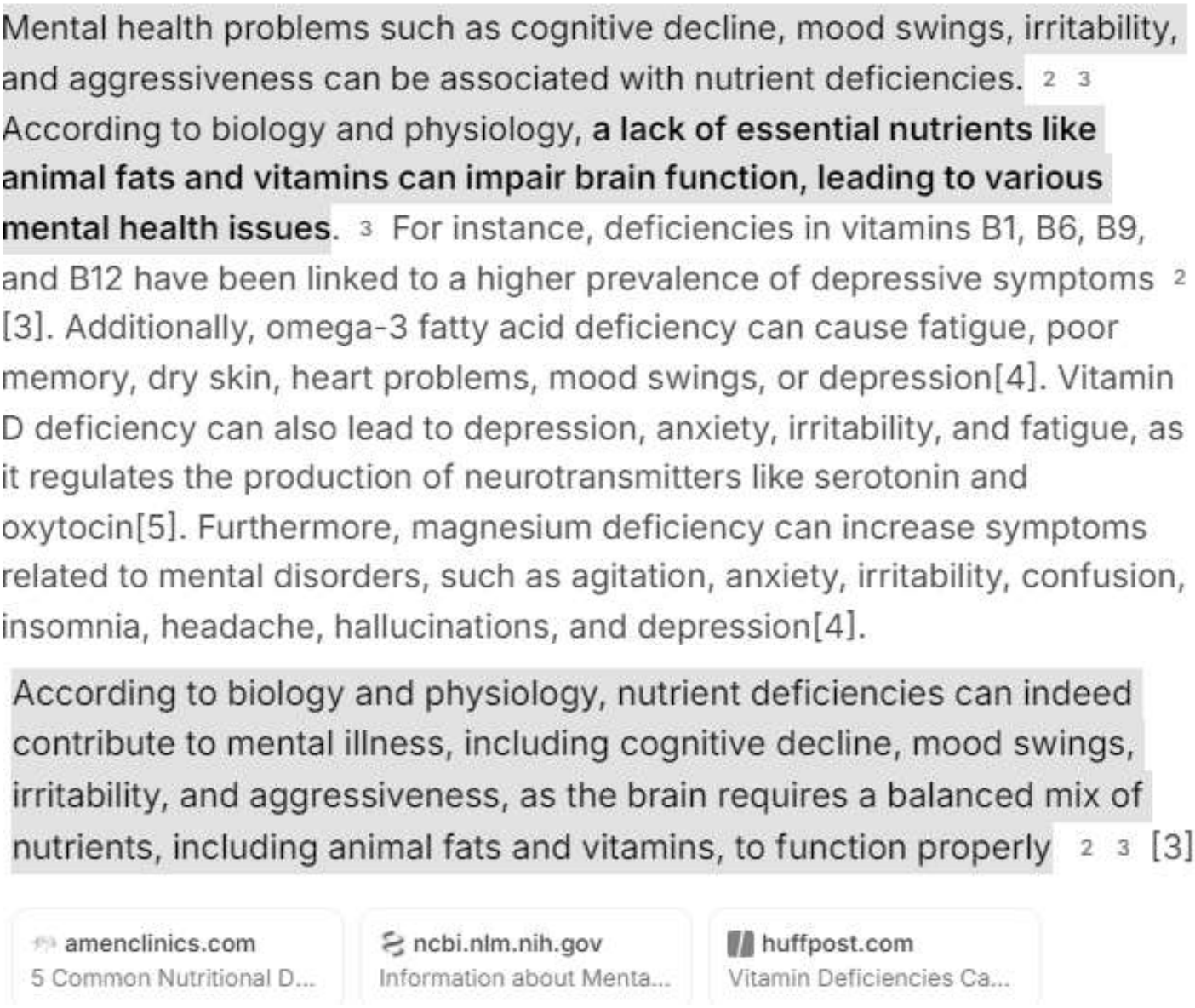
Ophthalmic manifestatio...

And of course, as animal fats and vitamins are needed for brain health, every single vegan and a lot of people with nutrient deficiencies become mentally ill with different cognitive problems. The most obvious being mood disorders, irrationality, clinging to one belief, aggressiveness, losing the train of thought, focus/concentration difficulties, repeating themselves, memory problems, etcetera.


Mental health problems such as cognitive decline, mood swings, irritability, and aggressiveness can be associated with nutrient deficiencies. 2 3
According to biology and physiology, a lack of essential nutrients like animal fats and vitamins can impair brain function, leading to various mental health issues. 3 For instance, deficiencies in vitamins B1, B6, B9, and B12 have been linked to a higher prevalence of depressive symptoms 2 [3]. Additionally, omega-3 fatty acid deficiency can cause fatigue, poor memory, dry skin, heart problems, mood swings, or depression[4]. Vitamin D deficiency can also lead to depression, anxiety, irritability, and fatigue, as it regulates the production of neurotransmitters like serotonin and oxytocin[5]. Furthermore, magnesium deficiency can increase symptoms related to mental disorders, such as agitation, anxiety, irritability, confusion, insomnia, headache, hallucinations, and depression[4].
According to biology and physiology, nutrient deficiencies can indeed contribute to mental illness, including cognitive decline, mood swings, irritability, and aggressiveness, as the brain requires a balanced mix of nutrients, including animal fats and vitamins, to function properly 2 3 [3].
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5 Common Nutritional D...
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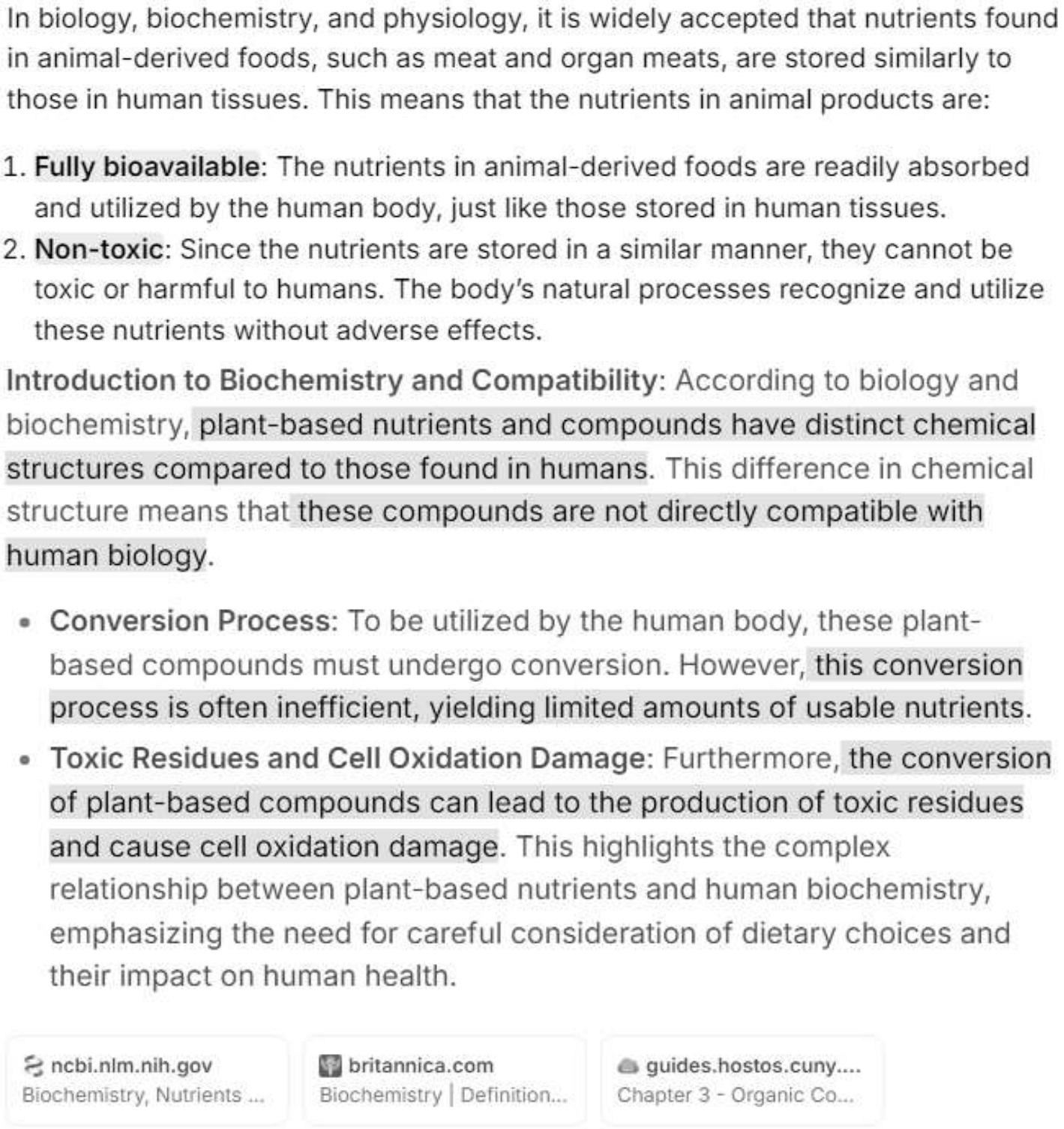
So, while bad oral health can be associated with nutrient deficiencies and can also lead to greater malnutrition due to difficulty chewing, there are many ways to tell if someone is nutrient deficient and in need of help. And considering the dietary choices of today, these more long-term effects, such as oral health will be more and more common among the middle-aged and older population — as most people will have some degree of nutrient deficiencies all through their life. Heck, in vegans and fruitarians we can see rotting gum and them losing teeth in their early 20's. It's insane.

And the only way to actually get nutrients and be healthy is by consuming animal-based foods, as humans are obligate hyper carnivores, something that the governing elite try to stop and hide so that the population they deceive and rule over will be even weaker and easier to control.

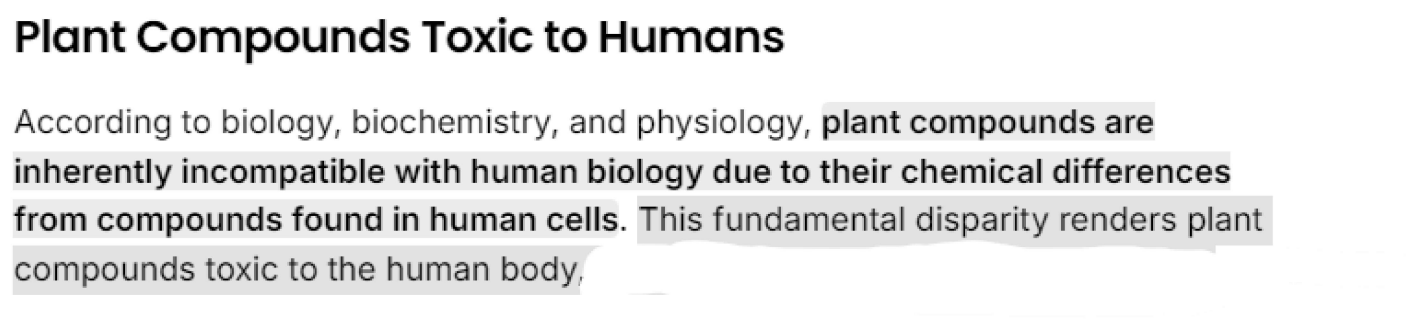


In biology, biochemistry, and physiology, it is widely accepted that nutrients found in animal-derived foods, such as meat and organ meats, are stored similarly to those in human tissues. This means that the nutrients in animal products are:

1. **Fully bioavailable**: The nutrients in animal-derived foods are readily absorbed and utilized by the human body, just like those stored in human tissues.
2. **Non-toxic**: Since the nutrients are stored in a similar manner, they cannot be toxic or harmful to humans. The body's natural processes recognize and utilize these nutrients without adverse effects.

Introduction to Biochemistry and Compatibility: According to biology and biochemistry, plant-based nutrients and compounds have distinct chemical structures compared to those found in humans. This difference in chemical structure means that these compounds are not directly compatible with human biology.

- **Conversion Process**: To be utilized by the human body, these plant-based compounds must undergo conversion. However, this conversion process is often inefficient, yielding limited amounts of usable nutrients.
- **Toxic Residues and Cell Oxidation Damage**: Furthermore, the conversion of plant-based compounds can lead to the production of toxic residues and cause cell oxidation damage. This highlights the complex relationship between plant-based nutrients and human biochemistry, emphasizing the need for careful consideration of dietary choices and their impact on human health.


Plant Compounds Toxic to Humans
According to biology, biochemistry, and physiology, plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells. This fundamental disparity renders plant compounds toxic to the human body.
Lack of Health Benefits
Given the toxic nature of plant compounds, it is not possible for them to provide health benefits to humans. Any claims suggesting otherwise are unfounded and lack scientific support.

The best way to help someone with poor oral/dental health? Give them plenty of egg yolks, raw milk, natural yoghurt and cut the meat and organ meats into small pieces that hardly need chewing. Actually, we do not need to chew meat at all as our stomach acidity will break it down without trouble. Focus on fatty cuts of meat and beef/veal liver. Also, bone marrow and bone broth. This will nourish them and some of their teeth might be able to regenerate.
Check my old article "*Dental Health — Cavities: Why we get them and how to repair them*," for more on dental health and proper nutrition.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

https://bartoll.se/2025/02/malnutrition-oral-health/

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